

A, B, C + W



A

Monday + Friday

Sandwiches

Egg & Tomato on Malted Grain (v, d)
Roast Rosemary Chicken on Malted Grain (d)
Prawn & Rocket on Malted Grain (d)
Hoisin No Duck Wrap (vegan, d)
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Smoked Mackerel & Ricotta in a Piedmont Baguette
Beetroot Houmous & Rocket in Ciabatta (vegan, d)
Cheddar & Pickle in a Piedmont Baguette (v)
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)
Jerk Chicken & Red Cabbage Pickled Slaw (d)
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)

Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)
Samosa (vegan, d)
Baby Mozzarella & Cherry Tomato Brochette (v, g)
Cheesy Paprika Puff (v)
Cocktail Sausages with Honey & Soy - 3 per portion (d)
Homemade Thyme & Caramelised Onion Sausage Rolls (d)
Lime, Chilli & Coriander Salmon Brochette (g, d)
Fish Cake with Lemongrass & Ginger

Cakes

Spiced Raisin Loaf Cake (vegan, d)
Healthy Seed Bar - Free From (vegan, g, d)
Mini Muffins - 2 per portion (v)
Orange, Ginger & Miso Cake (v)
Cranberry Fruit Fool Tart - 2 per portion (v)

B

Tuesday + Thursday

Sandwiches

Beetroot Houmous & Rocket in Ciabatta (vegan, d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Egg & Tomato on Malted Grain (v, d)
Roast Rosemary Chicken on Malted Grain (d)
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)
Hoisin No Duck Wrap (vegan, d)
Cheddar & Pickle in a Piedmont Baguette (v)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Smoked Mackerel & Ricotta in a Piedmont Baguette
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)
Prawn & Rocket on Malted Grain (d)
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)

Finger Buffet

Moroccan Houmous & Pepperonata Crostini (vegan, d)
Queen Olives - 4 per portion (vegan, g, d)
Cheesy Paprika Puff (v)
Stilton & Caramelised Red Onion Tart (v)
Homemade Thyme & Caramelised Onion Sausage Rolls (d)
Cocktail Sausages with Honey & Soy - 3 per portion (d)
Lime, Chilli & Coriander Salmon Brochette (g, d)
Fish Cake with Lemongrass & Ginger

Cakes

Healthy Seed Bar - Free From (vegan, g, d)
Spiced Raisin Loaf Cake (vegan, d)
Mini Muffins - 2 per portion (v)
Cranberry Fruit Fool Tart - 2 per portion (v)

C

Wednesday

Sandwiches

Beetroot Houmous & Rocket in Ciabatta (vegan, d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Egg & Tomato on Malted Grain (v, d)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Smoked Mackerel & Ricotta in a Piedmont Baguette
Hoisin No Duck Wrap (vegan, d)
Cheddar & Pickle in a Piedmont Baguette (v)
Jerk Chicken & Red Cabbage Pickled Slaw (d)
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)
Prawn & Rocket on Malted Grain (d)
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)

Finger Buffet

Samosa (vegan, d)
Moroccan Houmous & Pepperonata Crostini (vegan, d)
Baby Mozzarella & Cherry Tomato Brochette (v, g)
Stilton & Caramelised Red Onion Tart (v)
Cocktail Sausages with Honey & Soy - 3 per portion (d)
Homemade Thyme & Caramelised Onion Sausage Rolls (d)
Lime, Chilli & Coriander Salmon Brochette (g, d)
Fish Cake with Lemongrass & Ginger

Cakes

Mini Muffins (v)
Healthy Seed Bar - Free From (vegan, g, d)
Orange, Ginger & Miso Cake (v)
Spiced Raisin Loaf Cake (vegan, d)

W

Weekend

Sandwiches

Hoisin No Duck Wrap (vegan, d)
Beetroot Houmous & Rocket in Ciabatta (vegan, d)
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)
Egg & Tomato on Malted Grain (v, d)
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)
Jerk Chicken & Red Cabbage Pickled Slaw (d)
Roast Rosemary Chicken on Malted Grain (d)
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
Roast Rosemary Chicken on Gluten Free Bread (g, d)
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)
Prawn & Rocket on Malted Grain (d)

Finger Buffet

Chicken Brochette with Garlic, Coriander & Chilli (g, d)
Cocktail Sausages with Honey (d)
Cheddar Scone with Chorizo
Salmon Brochette with Honey and Mustard (g, d)
Falafel with Beetroot Houmous (vegan, g, d)

Cakes

Apricot Flapjack (v)
Banana & Sticky Toffee Cake (v, n)
Seville Orange Marmalade Polenta Cake (v, g, d, n)
Chocolate Brownie (v)
Lemon & Chia Drizzle Cake (vegan, d)

Dietary Legend: g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan

SPRING 2025